



BRAISED RED CABBAGE

By Dr. Cindy Tanzar
(Standard/Vegan)

If you've only had red cabbage in small pieces chopped in a salad, you need to give this very easy recipe a try. When cooked, it has a much richer taste than green cabbage. It is a nutrition powerhouse packed with health benefits, contains many antioxidants and is anti-inflammatory. The apple cider vinegar is not overpowering at all, but lends a subtle layer of flavor that brings out the richness of this vegetable. If you've ever enjoyed German cooking, this will be a favorite. Please give it a try!

Makes 4 servings. One serving of this recipe is 1 cup cooked and covers your vegetable for one meal.



INGREDIENTS

- 1 medium red onion, halved and sliced
- 2 Tbsp avocado oil
- 1 small red cabbage, halved and sliced into 1/2-inch shreds
- 1/4 cup Bragg's apple cider vinegar
- 2 Tbsp filtered water (and more as needed)
- Pink Himalayan salt & black ground pepper, to taste
- Optional: 2-4 drop liquid stevia (if you want it sweeter)



INSTRUCTIONS

Heat a large pan over medium heat. Add the avocado oil and sauté the onions for 3-4 minutes or until starting to soften.

Add the sliced cabbage, vinegar, water, salt and pepper. Sauté until starting to soften, then reduce heat to low. Cover and cook about 50 minutes, stirring occasionally. Add more water, as needed, so as not to burn.